

SUESD
ELEMENTARY
HOME &
SCHOOL
CLUBS
PRESENT:

Allison Livingston

MORE COOPERATION, LESS YELLING!

This zoom session features exercises to learn Allison's effective tools.

Share with friends & family!

More about Allison:

- Parent Coach
- Conflict Resolution Specialist
- Certified Youth Mental Health First Aid Responder
- Parent of two strong willed daughters, now 21 and 23

If you feel frustrated or overwhelmed, struggling to get your child to cooperate, this online workshop is for you. Is your child quick to melt down or become inflexible at seemingly small things? Just going to bed or getting out the door? There are skills you can learn to support their emotional regulation.

Allison Livingston was in your shoes, and now her passion is sharing the tools she learned with parents worldwide. Tools to transform inflexible, awful behavior into understanding and cooperation in your family and at school.

What parents are saying after learning Allison's method:

Each week I felt better with myself and had new ideas to try at home like S.T.O.P. to Connect and Limits in a L.O.V.E. sandwich that were easy to implement and easy to remember!

I'm so glad I came! My daughter had a challenging situation with her friends at school. I used Life-Saving Listening and it worked!

We've really been practicing everything we learned from our sessions. Just last night my son said how much he feels like we've changed. Thank you so much!!!



Tuesday, January 24

7-8pm Zoom Session
8-8:30pm Optional Q&A

\$20 for SUESD
Parents & Friends

SIGNUP ONLINE: bit.ly/less-yelling